

PAINFUL PERIODS

Suggestions How to Find Relief from Such Suffering.



While no woman is entirely free from periodical suffering, it does not seem to be the plan of nature that women should suffer so severely. Menstruation is a severe strain on a woman's vitality. If it is painful or irregular something is wrong which should be set right or it will lead to a serious derangement of the whole female organism.

More than fifty thousand women have testified in grateful letters to Mrs. Pinkham that Lydia E. Pinkham's Vegetable Compound overcomes painful and irregular menstruation. It provides a safe and sure way of escape from distressing and dangerous weaknesses and diseases.

The two following letters tell so convincingly what Lydia E. Pinkham's Vegetable Compound will do for women, they cannot fail to bring hope to thousands of sufferers.

Miss Nellie Holmes of 540 N. Davidson Street, Buffalo, N. Y., writes:

Dear Mrs. Pinkham:—
"Your medicine is indeed an ideal medicine for women. I suffered miserably for years with painful periods, headaches, and bearing-down pains. I consulted two different physicians but failed to get any relief. A friend from the East advised me to try Lydia E. Pinkham's Vegetable Compound. I did so, and no longer suffer as I did before. My periods are natural; every ache and pain is gone, and my general health is much improved. I advise all women who suffer to take Lydia E. Pinkham's Vegetable Compound."

Mrs. Tillie Hart, of Larimore, N. D., writes:

Dear Mrs. Pinkham:—
"I might have been spared many months of suffering and pain had I only known of the efficacy of Lydia E. Pinkham's Ask Mrs. Pinkham's Advice—A Woman Best Understands a Woman's Ills.

Vegetable Compound sooner; for I have tried so many remedies without help. "I dreaded the approach of my menstrual period every month, as it meant so much pain and suffering for me, but after I had used the Compound two months I became regular and natural and am now perfectly well and free from pain at my monthly periods. I am very grateful for what Lydia E. Pinkham's Vegetable Compound has done for me."

Such testimony should be accepted by all women as convincing evidence that Lydia E. Pinkham's Vegetable Compound stands without a peer as a remedy for all the distressing ills of women.

The success of Lydia E. Pinkham's Vegetable Compound rests upon the well-earned gratitude of American women.

When women are troubled with irregular, suppressed or painful menstruation, leucorrhoea, displacement or ulceration of the womb, that bearing-down feeling, inflammation of the ovaries, backache, bloating, (or flatulency), general debility, indigestion and nervous prostration, or are beset with such symptoms as dizziness, faintness, lassitude, excitability, irritability, nervousness, sleeplessness, melancholy, they should remember there is one tried and true remedy. Lydia E. Pinkham's Vegetable Compound at once removes such troubles. Refuse to buy any other medicine, for you need the best.

Don't hesitate to write to Mrs. Pinkham if there is anything about your sickness you do not understand. She will treat you with kindness and her advice is free. No woman ever regretted writing her and she has helped thousands. Address Lynn, Mass.

EASTERN FARMS ARE CHEAP.

A Practical Farmer Believes the Chief Cause is Their Desertion by the Boys.

There is a reason why farms are cheap in the East. The country is prosperous, farm products are bringing good prices, there are better facilities for making money farming in the Eastern States than there were twenty years ago. Farmers made money then and farms were high in price. There are farmers who are making money today, and I wish to say that if a man cannot make money farming or fruit growing in this section he cannot make it elsewhere. Farms are cheap because the boys have left the farm, gone to the city, where in the majority of cases they merely exist, with no prospects of bettering their condition. The old folks are left with the farm on their hands. They are past caring for it. They have enough to last them the remainder of their days. They do not care to rent the old home, so they offer it for sale at a fair figure.

They do not sell it the first year. The next year the price is put at one-half to one-third its actual value. The bright man, with a little money, buys it, pays part down, leaves the balance at five per cent, goes to work in a practical way, and in a few years the farm is his, and he has made a good living during that time, besides enhancing the value of his property by keeping it in the very best condition as to soil and buildings. There are plenty of just such farms to be had, and I say to the man who is tired of working for others and who has a little money and a determination to succeed, to locate on one of these bargain weather to go into general farming or fruit growing. Let him go to work in a practical way. Avoid all book farming. Get the opinion of practical men—men who have been successful in farming and fruit growing, and he is bound to succeed.—Practical Farmer and Fruit Grower.

THEY HAD ADVANTAGES...

"I tell you," said the man who was manipulating the chaffing dish, "this will be a feast fit for the gods."

"No doubt," said his friend, somewhat nervously. "I presume the gods were equipped with a more than mortal digestion."

War Medals Remelted.

During the war in South Africa, says the auditor general, in an official reported issued yesterday, 100,000 bronze medals were struck for distribution to non-enlisted men—European, Indian and native.

It was found that there were grave racial objections to the issue of the medals to the natives, and 59,000 were returned to the mint to be remelted.

FITs permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer, \$2 trial bottle and treatise free. Dr. R. H. KLINE, Ltd., 931 Arch St., Phila., Pa.

In some of the London schools the boys take lessons in cooking.

Ask Your Dealer For Allen's Foot-Ease. A powder, it rests the feet. Cures Corns, Bunions, Swollen, Sore, Hot, Chafed, Aching, Sweating Feet and Ingrowing Nails. Allen's Foot-Ease makes any tight shoes easy. At all Druggists and Shoe stores, 25 cents. Accept no substitute. Sample mailed FREE. Address, Allen S. Olmsted, LeRoy, N. Y.

The crown forests of Russia comprise 30,000,000 acres belonging to the Czar.

Popular Cars.

The Pope-Hartford and Pope-Tribune gasoline cars and runabouts meet the specific demands of a large class of automobile users. They are simple in construction, free from complication and efficient. Prices from \$200 to \$1600. For finely illustrated catalogues and descriptive matter, address Dept. A, Pope Manufacturing Co., Hartford, Conn.

Glass houses may soon be made stone-proof.

Piso's Cure is the best medicine we ever used for all affections of throat and lungs.—Wm. O. ENGLISH, Vanburen, Ind., Feb. 10, 1902.

A former army officer plays a hand organ on the streets of Sheffield, England.

Mrs. Winslow's Soothing Syrup for children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c. a bottle.

Fruits grown in China are usually inferior in flavor.

A Tobacco Grower's Profit is dependent upon a properly balanced fertilizer.

No crop is so easily spoiled as tobacco. The fertilizer must be right, and to be right it must contain at least 10% actual Potash.

Test It: Supply one patch with fertilizer with plenty of Potash. Another with little or no Potash, and note the results. The tobacco grown on the patch with little Potash will be of inferior quality. It will be sent free—write to GERMAN KALI WORKS, 91 Nassau St., N. Y., or Atlanta, Ga.—24 South Broad St.

CUBAN MINISTER TO THE U. S. Recommends Pe-ru-na



Senor Quesada, Cuban Minister to the United States.

Senor Quesada, Cuban Minister to the United States, is an orator born. In an article in The Outlook for July, 1899, by George Kennan, who heard Quesada speak at the Esteban Theatre, Matanzas, Cuba, he said: "I have seen many audiences under the spell of eloquent speech and in the grip of strong emotional excitement; but I have rarely witnessed such a scene as at the close of Quesada's eulogy upon the dead patriot, Martí." In a letter to The Peruna Medicine Company, written from Washington, D. C., Senor Quesada says:

"Peruna I can recommend as a very good medicine. It is an excellent strengthening tonic, and it is also an efficacious cure for the almost universal complaint of catarrh."—Gonzalo De Quesada.

Congressman J. H. Bankhead, of Alabama, one of the most influential members of the House of Representatives, in a letter written from Washington, D. C., gives his endorsement to the great catarrh remedy, Peruna, in the following words: "Your Peruna is one of the best medicines I ever tried, and no family should be without your remarkable remedy. As a tonic and catarrh cure I know of nothing better."—J. H. Bankhead.

There is but a single medicine which is a radical specific for catarrh. It is Peruna, which has stood a half century test and cured thousands of cases. If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case and he will be pleased to give you his valuable advice gratis. Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, O. All correspondence held strictly confidential.

Facts Are Stubborn Things

Uniform excellent quality for over a quarter of a century has steadily increased the sales of LION COFFEE. The leader of all package coffees.

Lion Coffee

is now used in millions of homes. Such popular success speaks for itself. It is a positive proof that LION COFFEE has the Confidence of the people.

The uniform quality of LION COFFEE survives all opposition. LION COFFEE keeps its old friends and makes new ones every day.

LION COFFEE has even more than its Strength, Flavor and Quality to commend it. On arrival from the plantation, it is carefully roasted at our factories and securely packed in 1 lb. sealed packages, and not opened again until needed for use in the home. This precludes the possibility of adulteration or contact with germs, dirt, dust, insects or unclean hands. The absolute purity of LION COFFEE is therefore guaranteed to the consumer.

Sold only in 1 lb. packages. Lion-head on every package. Save these Lion-heads for valuable premiums.

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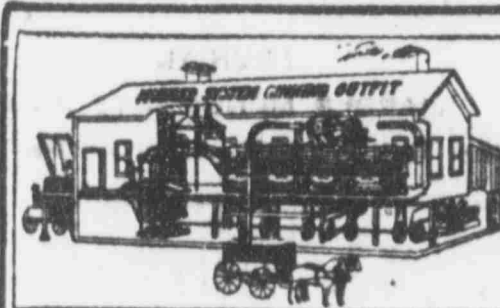
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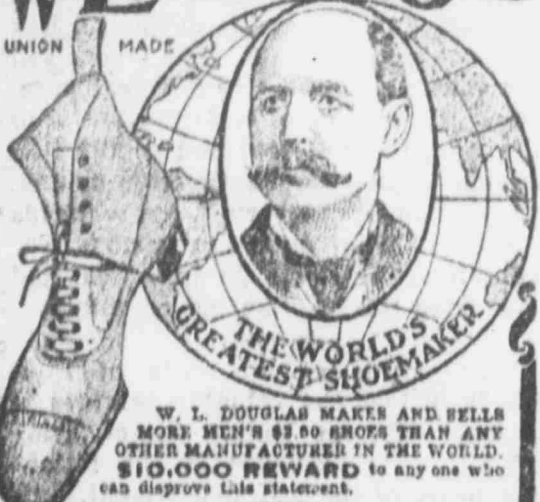
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W. L. DOUGLAS SHOES \$3.50



W. L. DOUGLAS MAKES AND SELLS MORE MEN'S \$3.50 SHOES THAN ANY OTHER MANUFACTURER IN THE WORLD. \$10,000 REWARD to any one who can disprove this statement.

W. L. Douglas \$3.50 shoes are the greatest sellers in the world because of their excellent style, easy fitting and superior wearing qualities. They are just as good as those that cost from \$5.00 to \$7.00. The only difference is the price. W. L. Douglas \$3.50 shoes cost more to make, hold their shape better, wear longer, and are of greater value than any other shoes on the market to-day. W. L. Douglas guarantees their value by returning his name and price on the bottom of each shoe. Look for it. Take no substitute. W. L. Douglas \$3.50 shoes are sold through his own retail stores in the principal cities, and by shoe dealers everywhere. No matter where you live, W. L. Douglas shoes are within your reach.

"The Best I Ever Wore." "I write to say that I have worn your \$3.50 shoes for the past five years, and find them the best I ever wore."—Rev. Frank J. Epler, 608 East Jefferson St., Louisville, Ky.

Boys wear W. L. Douglas \$2.50 and \$2.00 shoes because they fit better, hold their shape and wear longer than other makes.

W. L. Douglas uses Corona Collars in his \$3.50 shoes. Corona Coll is conceded to be the finest patent leather produced.

Fast Color Cycles will not wear brassy. W. L. Douglas has the largest shoe mail order business in the world. No trouble to get a fit. 25 cents extra prepay delivery.

If you desire further information, write for Illustrated Catalogue of Spring Styles.

W. L. DOUGLAS, Brockton, Mass.

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Large Engines and Boilers supplied promptly. Shingle Mills, Corn Mills, Circular Saws, Saw Teeth, Patent Dogs, Steam Governors. Full line Engines & Mill Supplies. Send for free Catalogue.

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GUARANTEED CURE for all bowel troubles, constipation, biliousness, bad breath, bad blood, wind on the stomach, bloated bowels, foul mouth, headache, indigestion, pimples, skin after eating, liver trouble, chills and shivers. When your bowels don't move, get Careto and you are cured. Constipation kills more people than all other diseases together. It causes chronic ailments and long years of suffering. No matter what ailment you are suffering from, take Careto today, for you will never get well and stay well until you get your bowels right. Take one Careto, stop with Careto today under absolute guarantee to cure or money refunded. The genuine Careto stamped C.C.C. Never sold in bulk. Sample and booklet free. Address Sterling Remedy Company, Chicago or New York.